

LITTLE ATHLETICS for ATHLETES WITH A DISABILITY



FOR MORE INFORMATION:

To find out more about opportunities for athletes with a disability or to locate your local Little Athletics centre contact:

Little Athletics NSW

Locked Bag 85, Parramatta NSW 2124

Tel: 9633 4511 or 1800 451 295 (outside Sydney metro area)

fax: 9633 2821 Email: admin@laansw.com.au

www.littleathletics.com.au



Little Athletics NSW and its affiliated centres offer many opportunities for athletes with a disability to become involved in the sport.

CENTRES:

At a local level, athletes with a disability can access regular activities at a Little Athletics centre. Often an athlete with a disability will be totally integrated into the existing program without the need for modifications. Sometimes Little Athletics centres will adapt activities (rules, equipment, etc) to allow athletes with a disability to participate. The extent of the modifications will depend on the athlete's level of impairment or disability. Some athletes may only require minor modifications. Others may require extensive modifications to become involved. Modifications may also be made in view of phasing them out over time.

STATE CHAMPIONSHIPS:

Little Athletics NSW conducts invitational events for athletes with a disability at the State Track & Field Championships held in March.

All events are conducted as multi-disability events. Competitors compete against a multi-disability standard time or distance for their disability classification. Placings are determined by the competitor's time/distance calculated against a percentage of the multi-disability standard for their classification.

All athletes with a disability who compete at the Little Athletics NSW State Track and Field Championships need to be a Little Athletics member, have received formal classification prior to the event and need to present evidence of their classification with their State Championship entry.

CLASSIFICATION:

Classification is a way of grouping athletes of a similar level of impairment or disability for the purpose of competition. Classification exists to try and create a "fair" competition amongst athletes of different disabilities.

Classification is only required for those Little Athletes wanting to compete at a championship level. It is not required to participate at a centre level.

For all information about classification go to www.paralympic.org.au/ and click on "Classification". This takes you to the Australian Paralympic Committee's Classification Home Page. The information portal is for anyone with questions about classification, people wanting to be classified and for those wanting to train as classifiers.

An information sheet can be downloaded which gives a detailed explanation about classification and what to expect during a classification.

Information is also available about the Australian Paralympic Committee's "Remote Provisional Classification" service to assist athletes with a disability living in rural and remote areas.